1:Opler E-5 (1931-1937)1941
(ca. 1870) NT8 Eastern Apache NT8
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emerge one by one and killing them as they come out is employed. A ceremonial touch is given the unearthing of these ground hives. "When the Chiricahua come upon one of these nests, they mark a big circle and say, 'May you be as big as this.' Then they open it up."

When hives are discovered in trees or in logs, a smudge fire is used to smoke the bees out. The co-operation of a man skilled in the use of the sling is required when hives are found among the rocks in cliffs. "He throws at it with a sling and brings it down. The bees leave the hive. Then the people go and get the honey. We put honey in drinks and eat it with bread." The bees which nest in the cliffs and bluffs are described as smaller and darker in color than the others. Sometimes a hive is wrapped in a hide and brought home before it is opened.

THE COOKING AND PRESERVATION OF MEAT PRODUCTS

The woman is not only responsible for the preparation and storage of the food which she herself collects but is expected to take charge of the meat which the man contributes to the household:

A man hunts and butchers the game. He brings it in to the woman. After that it's her job to take care of it.

I never heard of a man cooking when his wife was around in the old days. He doesn't now either. Getting water is a woman's job too. I don't see any men doing it even now. The same is true of getting and cutting wood. The men sit around and smoke and tell stories when they are at home.

Certain parts of an animal are seldom eaten. Ritual restrictions placed upon individual members of the household must be kept in mind too:

Some people ate pancreas a long time ago, I believe. I'm not sure. Now they don't do it. Some shaman started telling people not to eat this and that, and now they can hardly eat anything from the inside, it seems.

The Chiricahua does not like to eat any meat from the head.

It is dangerous to eat the heart. As a general rule the Chiricahua do not eat the heart of an animal. I think to myself, "Well, I don't know what there is to it, but I won't do it because it looks dangerous." My wife won't do it either.

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252 262 "The stomach isn't often eaten. Now when we butcher a cow, the stomach is thrown away."

Birds that are considered edible are most often boiled. Turkeys are eviscerated, plucked, and then boiled, for instance.

251 [462] It is the woman's task, also, to preserve any surplus meat by "jerking" it:

> She takes the thick parts, cuts them thin, and hangs them up to dry in the sun. To use the meat after it is dried, she pounds it up with a stone. It can be mixed with fat then and eaten like this without being cooked. Or even without the fat it is used on the march and in emergencies. When the people are in no hurry, this pounded meat can be added to soup, boiled in water, or fried. It will soften when boiled in water. This dried meat, in strips or in pounded form, can be kept in caches or carried in sacks. Jerked meat, when the people are camping in one place for a time, is laid over the higher limbs of a near-by tree.

THE PREPARATION OF BEVERAGES

273 462 [292] The preparation of beverages, both alcoholic and nonalcoholic, is classified with cooking and is, therefore, the task of the woman. Of tiswin-making it was said: "A man would never [558] make tiswin. It would lower his standing. One man used to [156] make it, but he was a roughneck, and didn't care about his standing. He lowered himself many times."

292 The juice of the prickly pear is occasionally drunk, but "for health" rather than for quenching thirst. Drinks which are compared to commercial coffee and tea are described:

> In those days when coffee was scarce, some people used the bark of different trees, such as oak [Gambel oak] to make a drink. Some used a plant for tea. It is [824] better than the tea you buy. The English name for it is lip fern. It grows all around here. There is another plant [cota] that is used for tea too. To make it, some is just broken into convenient pieces, put in a pot, boiled, and the water drained off. It is about the same color as store tea and tastes much the same.

273 [824] Alcoholic beverages are made from mescal, sotol, mesquite, and, more recently, from maize and wheat. Tiswin, the maize drink, is the only one of these beverages which is made or consumed in appreciable quantities. [554] The people have become very fond of this mild beer, and the services and company of a woman who can make it well are in constant demand.

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The crowns of this species were gathered any time from the middle of March to the end of summer, the portion of the stem from the ground to the leaves being peeled and baked overnight in an underground oven in a manner similar to that in which mescal was prepared. The yellow-to-brown baked product was known as *nigahe.* After being dried in the sun, broken into pieces, and softened in water the rather sweet product was ready to be eaten. The tender central leaves of the related datil *(Yucca baccata)* were cooked in soups, boiled with meat, and used in various similar combinations.

The large flowers of the narrow-leaved *Yucca elata* were also boiled and eaten as a vegetable, but the less palatable ones of the broad-leaved *Y. baccata* were eaten only if they could be obtained before the summer rain, since the Apache maintain that they are bitter thereafter.

The fruits of several species of Yucca were also utilized as food. The somewhat banana-shaped fruits of the datil *(Y. baccata),* as well as of the palma *(Y. macrocarpa)* were gathered before they were fully ripe, laid on grass *(Andropogon furcatus)* on the ground, covered with the grass, and allowed to finish ripening in the sun. After roasting in hot ashes the hard black covering was stripped off, the fruit split lengthwise and the seeds removed. The white pulp was then ground and made into large cakes, which might be stored indefinitely. Frequently the roasted fruit was pounded to pulp on an animal hide and allowed to drain in a basket placed over a pan. The juice might be drunk or poured over and mixed with the cake pulp, making the latter soft and sticky as well as aiding in preserving it. In either case the pulp was spread on Yucca leaves to dry for two days in the sun, being always adorned with sunflower blossoms to "make it pretty." The Indians prayed while placing the sunflowers, the ceremonial significance being that the sunflower was used as a symbol of the fructifying influence of the sun, and this use constituted a prayer that the sun continue to make the yield plentiful year after year. The Mescalero Apache tell of a Yucca which grows near El Paso and has a "white" fruit and sweet sticky buds. They were

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from our informants that these Apache ever distilled this or any other alcoholic beverage. 273

Both sotol and mescal beverages were reported as being older than *tulbai*. Informants said that they learned the use of *tulbai* from the Lipans and the Yaqui. [177]

Another mildly intoxicating alcoholic beverage formerly prepared, although at present not in common use, was made by finely grinding cooked mesquite *(Prosopis glandulosa)* pods and seeds. A little water was added during the grinding process and more to the ground mass, then the mixture allowed to ferment for a day and a night. This is a very old drink among the Apache. [137] [178]

These Apache formerly prepared and still make pinole as a very common drink. The fresh fruits of screw bean *(Strombocarpa pubescens)* were ground and to the meal was added some sweetening substance (sugar is now used) to make a thick drink. Another method of preparation was boiling the fruit until it got soft, making a sort of gruel, then adding the sweetening substance and drinking it. 272 [137]

The fruits of a number of species of Opuntia or prickly pear cactus were and still are mashed, the juice extracted and drunk, without fermenting, as a refreshing beverage which was regarded as very healthful. Non-intoxicating beverages were also made by boiling the leaves and young stems of the sage *(Artemisia aromatica)*, *Leucelene ericoides*, horsemint *(Monarda menthaefolia)*, pennyroyal *(Hedeoma nana)*, as well as the leaves of the lip fern *(Cheilanthes fendleri)* and cota *(Thelesperma gracile)*. This last named species which the Apache call "tea" has been extensively used in common with practically all Indians of southwestern United States, from ancient times down to the present, to make a beverage. Portions of the plant were wrapped into small bundles and might be used fresh or stored indefinitely. When boiled in water a red liquid was produced and was usually consumed without being sweetened, although the addition of a little sugar made the drink even more palatable. A drink used much as is coffee, made by boiling the fresh leaves of mariola *(Parthenium in-* [137] [171] [263] [137]

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272 137 *canum)*, is the beverage known as *gaxe*. (This Indian word was derived from the Spanish word for coffee.)

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276 [137] The Apache used a few species of plants as narcotics. One of these was *Broussonetia secundiflora*, known as "mountain laurel," and also by the Spanish names *frijollito* or *frijolilla*. It is a beautiful evergreen shrub with glossy dark green leaves, common in the Guadalupe Mountains southwest of Carlsbad, although these Apache report having gathered bags full of beans on the roadside in the hills twenty miles from Roswell, as well as in Mexico.

The large, scarlet beans of this legume have been widely reported as being poisonous, having rather marked narcotic effects. The Apache are well aware of its narcotic effect. In [193] one of their stories the trickster, coyote, intoxicates a party [293] of prospectors by means of the beans. Present day Apache are not familiar with its use in *tulbai* but they report that the beans were formerly mixed with that beverage occasionally. One of our informants, speaking of the beans, said, "One day I felt sleepy. I ate two of these beans out of a pod. It sure waked me up. I didn't see anything. I just felt good." The beans were rarely eaten by the Apache, however. These seeds were also used ceremonially and an occasional Apache might be seen to wear a string of the red beans around his neck. According to Havard *(10:39)* these seeds contain an alkaloid, sophorine, which is a strong irritant narcotic poison. He also records that, according to Bellanger, the Indians near San Antonio, Texas, formerly used them as an intoxicant, half a bean producing "delirious exhiliration followed by a sleep which lasts two or three days" and that a whole bean would cause death.

[191] [139] Peyote or the Dumpling Cactus *(Lophophora williamsii)*, which contains a powerful alkaloid, was formerly in common use by the the Indians of northern Mexico who sliced and dried the plant and employed it in association with their [199] ceremonial dances *(27:104)*. It is reported that the use of Peyote by the Indians was learned from the Mexicans *(28:1)*.